



## **Choose It to Lose It: The Ultimate Pocket Guide to Save 500 Calories a Day!**

*The Editors of Cooking Light Magazine, Amy Brightfield*

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*Choose It to Lose It* covers all the everyday situations where food choices can derail your weight-loss efforts-the supermarket, coffee shop, fast food, restaurants, the vending machine, and even your own kitchen.

As simple as making a small change to your afternoon beverage routine or trying out a different topping on your morning pancakes, these easy-to-incorporate swaps a delicious photographs show you that losing weight doesn't mean you have to overhaul your whole diet.

- *Cooking Light Choose It to Lose It* stands out from the competition because each swap shows you not only the calories saved but also the payoff in pounds
- The fun, graphic look and quirky tone of this book makes the sometimes-dry subject matter engaging and entertaining.
- Covers a wide range of topics, including particularly problematic areas such as eating out and beverages to grocery shopping and snacks. (Snacks account for one-fourth of the calories consumed in this country.)
- Bonus nutrition information sprinkled gives reader extra nutrition information about the swaps they are making: fiber boosts, lower sodium, more fruits & veggie servings, etc.
- A visually stunning design and more than 400 images makes this book easy to use.
- The size and easy-to-use format make it easy to use and easy to store in your car or bag for on-the-go reference

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Have you spare time for just a day? What do you do when you have far more or little spare time? That's why, you can choose the suitable activity regarding spend your time. Any person spent their particular spare time to take a stroll, shopping, or went to the Mall. How about open or maybe read a book allowed Choose It to Lose It: The Ultimate Pocket Guide to Save 500 Calories a Day! Maybe it is to become best activity for you. You know beside you can spend your time together with your favorite's book, you can smarter than before. Do you agree with its opinion or you have other opinion?

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#### **Deborah Hagan:**

People live in this new morning of lifestyle always try to and must have the extra time or they will get wide range of stress from both day to day life and work. So , once we ask do people have spare time, we will say absolutely yes. People is human not really a robot. Then we ask again, what kind of activity do you possess when the spare time coming to a person of course your answer will unlimited right. Then ever try this one, reading publications. It can be your alternative in spending your spare time, typically the book you have read is Choose It to Lose It: The Ultimate Pocket Guide to Save 500 Calories a Day!.

#### **Vincent Espinoza:**

What is your hobby? Have you heard this question when you got scholars? We believe that that query was given by teacher for their students. Many kinds of hobby, Every individual has different hobby. And you know that little person like reading or as reading through become their hobby. You should know that reading is very important and book as to be the point. Book is important thing to add you knowledge, except your own personal teacher or lecturer. You see good news or update with regards to something by book. Numerous books that can you choose to adopt be your object. One of them is this Choose It to Lose It: The Ultimate Pocket Guide to Save 500 Calories a Day!.

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